

Easy Bean Dip & Chips

Makes: 8 Servings

This is really quick and easy. Add canned, drained diced tomatoes, garlic, or onion powder to spice up the dip.

Ingredients

1 can low-sodium refried beans (about 16 ounces)

1/2 cup fat-free sour cream

8 ounces [baked tortilla chips](#)

Directions

1. Place refried beans in microwave-safe container and cover with a lid.
2. Heat in microwave on high for 45 seconds; stir and heat again until beans are warmed through.
3. Spread the sour cream on top.
4. Serve with tortilla chips.

Notes

Tips: Add canned, drained diced tomatoes, garlic, or onion powder to spice up the dip. Try serving with celery sticks and other vegetables.

Source: Recipe provided by USDA FNS, Food Distribution Division, 2009.

Nutrition Information

Nutrients	Amount
Calories	170
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	200 mg
Total Carbohydrate	33 g
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	7 g
Vitamin D	N/A
Calcium	85 mg
Iron	3 mg
Potassium	N/A

N/A - data is not available